

Augustine United Church,
George IV Bridge, Edinburgh
EH1 1EL 0131 220 1677
www.augustine.org.uk
Scottish Charity no. SC000385

Church Secretary: Kathleen Ziffo
secretary@augustine.org.uk
or via the church office

Minister: Rev Fiona Bennett
minister@augustine.org.uk
07552 162 717

Assoc. Minister: Rev Maxwell Reay
associateminister@augustine.org.uk
07957 543 359

Church Administrator:
Rachel Fitzgerald
administrator@augustine.org.uk
0131 220 1677

Seeds Editor: Eilidh Carmichael
newsletter@augustine.org.uk



In this edition

2. Prayers of the People
3. Bowling Heroes Assemble!
4. Saughtonhall URC
5. Maundy Thursday
6. AUC Away Day
8. Hungary Trip
9. Good Hygiene
10. Seedlings
11. Calendar

Lenten Adjustments, By Rev Fiona Bennett

Lent is the season in the Church Year when we are invited to make time to think about what is truly important and to adjust our lives to reflect those truly important things.

The season is expressed in the story of Jesus being tempted in the Wilderness. Jesus is offered three opportunities to address his own needs and the needs of the world with fast and glory-gaining solutions. Each opportunity Jesus declines because he can see that the fast and glory-gaining solutions may offer temporary relief but in the long run perpetuate the long-term causes of the need.

In a trite analogy, Jesus is being offered immediate weight loss pills, but he knows that the change needed is a different and lifelong shift in eating patterns and relationships with food.

Jesus is able to make wise and honestly healthy choices because he has worked out

what is truly important.

Jesus chose not to be a Messiah who gloriously fixed things, but who showed others how to. Jesus showed people how loved and valuable they were. He showed people the intentional importance of diversity. He showed people the power and potential of working together, in order for themselves to be changed and for the world to be changed. None of this could be achieved through the fast means which he was offered in the wilderness.

A very current example of these contrasting fast and slow approaches can be seen in the clothing industry today. Whether we think we are into fashion or not, every one of us buys and wears clothes. Fast Fashion is a global industry which depends on the fast production and consumption of clothing. Clothes are produced and sold cheaply, consuming vast amounts of water,

Getting Involved

Within AUC there are Ministry Teams which are responsible for different areas of Church Life. If you would like to know more or get involved with one of these please e-mail the contact person.

Centre, Property & Finance

Tom Murray

treasurer@augustine.org.uk

Children

Kirsty Murray

juniorchurch@augustine.org.uk

Communication

Eilidh Carmichael

eilidh.carmichael@augustine.org.uk

Our Tribe (LGBTI Ministry)

Rev Maxwell Reay

associateminister@augustine.org.uk

Peace & Justice

Jayson Mannings

Jason.mannings@augustine.org.uk

Pastoral & Mental Health

Anne MacKenzie

anne.mackenzie@augustine.org.uk

Worship

Rev Fiona Bennett

minister@augustine.org.uk

Young People

Matt Baines

matt.baines@augustine.org.uk

To get involved volunteering within AUC or the local community:

AUC Volunteering

Fiona Somerville

rota@augustine.org.uk

Local Community

Volunteering

Della Morris

della.morris@augustine.org.uk

<1 energy and exploitative labour to be sold cheaply and disposed of quickly, in order to then move onto the next trend.

In contrast, the Slow Fashion movement is inviting us to think about buying clothes which are ethical (thinking of the employment of the producers), eco (thinking about the impact of production on the planet) and long lasting (thinking about the quality and usability of clothes for the longer term).

The Fast Fashion approach appeals to the human hunger to consume and makes a lot of money for a few people. Slow Fashion asks humanity to look beyond its immediate appetites to think about what we really need and what is truly important for all life (human and other).

Lent is an opportunity to make time to think about what is truly important and to adjust our lives to reflect those truly important things. Lent is therefore a time to think about fashion and about all the ways we consume from this earth and from each other. It is a time to think about what truly bring us, and this earth, joy and peace and enables us to be the people and creation God calls us to be. What balances do we need to adjust in how we use our time and our resources to bring this about? What is truly important and how do we adjust our lives to reflect those truly important things?

LEADING PRAYERS OF THE PEOPLE @ AUC



This session will look at how to write and lead Prayers of the People as part of AUC worship and explore crafting prayer to engage with our creativity and senses.

If you are interested, please register by emailing Fiona (minister@augustine.org.uk)

Monday 16th March 2020 7-9pm 2020
Iona Room @ AUC

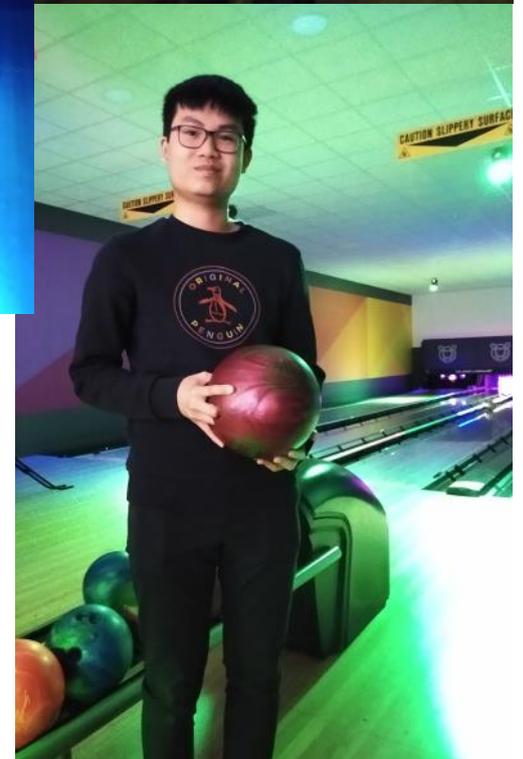
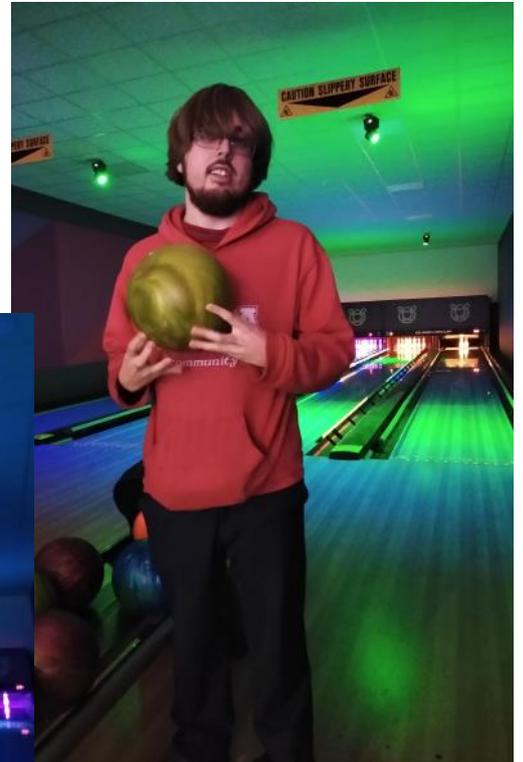
Bowling Heroes Assemble!

On Sunday 16th February, TLC Youth enjoyed time out at the bowling and relaxing and chatting over pizza afterwards. This term we have been looking at the power of storytelling both in the Bible and in our own lives.



It has been good to share the stories that have inspired members of our group and to also listen to the stories the young people have shared from their own lives.

Matt Baines



Dates for your diaries

In addition to our own wonderful youth group, the URC Synod of Scotland also has a Youth Executive.

Two events currently being organised are:

7th – 9th August: Visit to Landmark Forest Adventure Park and Nairn

2nd – 4th October: Outdoor residential weekend at the Ardeonaig Outdoor Centre at Loch Tay.

Contact youthsecretary@urcscotland.org.uk for more information

Saughtonhall URC—90 Years Young!

On Saturday 30th November 2019 Saughtonhall celebrated its 90th anniversary by holding a ceilidh in the Church. Tartan material rosettes made by their own craft club were given to everyone to wear. The Minister, Rev David Scott, also entertained with a few Scottish tunes on the bagpipes. A buffet meal was served at half time and enjoyed by all.

On Sunday 1st December a joint Service for Advent Sunday with our partners at Murrayfield Churches Together was held with the Church at full capacity. A cake for the Churches 90th anniversary was cut and enjoyed with a cup of tea or coffee which completed the celebrations.



URC. It continues to witness the Good News of God's Grace shown in Jesus Christ.

In 1930 the formation of the Women's Union took place. This time of fellowship continues into the present day and meets every Monday at Saughtonhall.

Since it was founded in 1948 to help service personnel ease back into civilian life, Saughtonhall Drama Group has met at the Church. The Drama group puts on two to three shows per year and provide a good way to interact with the local community. One of the original founders, Gladys Bell has appeared in a good many of the shows. Although now no longer able to participate, Gladys remains a member of the Drama Group.



Saughtonhall Congregational Church traces its roots to 1929 when worshippers met in a dance hall. The foundation stone for their first building was laid in 1935. In 1991 major repairs were needed to the roof and the congregation agreed with Canmore Housing Association to demolish its old building and replace it with housing and a modern church. However, a fire in 1993 altered those plans, with terraced houses replacing the old church and the new church being built on the site of the former hall.

When the Congregational Union of Scotland united with the United Reformed Church on 1st April 2000, the Church became Saughtonhall

Saughtonhall URC regularly worships with its partners at Murrayfield Churches Together made up of the Church of Good Shepherd (Scottish Episcopal Church), Murrayfield Parish Church (Church of Scotland) and Saughtonhall. MCT is at the heart of the congregation's life. Its origins date back to 1960s and it has stood as a formal body since 1987, making it one of the earliest public displays in Scotland of Christian Unity.

Many happy returns!

This article first appeared in Edinburgh Churches Together Newsletter. Reproduced with grateful thanks.



The Local Church hosts:
Maundy Thursday Passover Meal
Thurs 9th April 2020 7-9pm @ Augustine United Church
41-43 George IV Bridge EH1 1EL

Come and taste the Passover journey of slavery to freedom. Share in the story which Jesus and his disciples shared on Maundy Thursday, eating, remembering and finding hope together.

This meal is for all ages and abilities.

What will happen? We will sit round tables. Hear the story of the liberation from Egypt through tastes, offer our thanks to God and share together in a meal of roast lamb (with vegan options).

Cost of the meal is a suggested donation of £5 (payable on the night) or what you are able to afford. Children are free.

Registration is essential for catering. Please register by emailing Rachel in the church office (administrator@augustine.org.uk) and in the email let her know if you are vegetarian / vegan / have food intolerances.

Away Day 2020



On Saturday 22nd February around 50 of those who call AUC home gathered in the hall of Colinton Parish Church.

As you can see from the picture on the right (with credit to Jayson who took it), it's a beautiful spot and we were lucky enough (?) to get a sense of what it would be like in all seasons, as the day varied wildly from sunshine, to snow and hail and back again.

We gathered out of the elements with the task of considering the 'Shaping a Healthy Future' project which our consultant Deborah –and many others— have spent the last year working on.

There was much to discuss, and hopefully the photos, reflections and words on the following page give a sense of what we looked at.

It wasn't all hard work though, with some of us sneaking the chance to view the Church's beautiful sanctuary, and all of us getting the opportunity to share a delicious lunch. The day of course wouldn't have been possible without a host of volunteers, Jan Adamson and Deborah (who jointly led out considerations), and particularly Kathleen, who twisted many arms to encourage folk to come along. And we were glad she did!

Whether you were able to join us or not, ***Urge you to attend the church meeting on Sunday 8th March to hear the final recommendations***, incorporating our discussions from the away day.

Eilidh Carmichael



Away Day 2020

Our first activity was to think about what led AUC to where we find ourselves at the moment. We also set out our hopes and fears for the future. You can see a few of the things that led us and some of our hopes in the photos below.

Attendees from junior church also set out their priorities. They were given the task of imagining they had just stepped the Tardis into an AUC of the future!

Dear Church Council,
 in the ~~future~~ future
 we want to see
 stronger roots,
 no paper,
 more children,
 Eco friendly, - Solar
 a new organ,
 and subtitles

We listened to a presentation from Deborah setting out her thinking around the three key areas for action: finance and the building; lay leadership; and congregational life. There was time to ask questions and then reflect on what we had heard.

Finally, to the left you can see part of our closing worship at the end of a special day.



Storm

We were struggling to row through the fierce storm;

Petrified by wind, drenched by water...

When, like a ghost, you came

striding over the waves,
and invited us to join you;

To step out of our familiar boat

Into the chaos and uncertainty of the untameable elements.

And we did.

We should have drowned.

But with our eyes fixed on you,

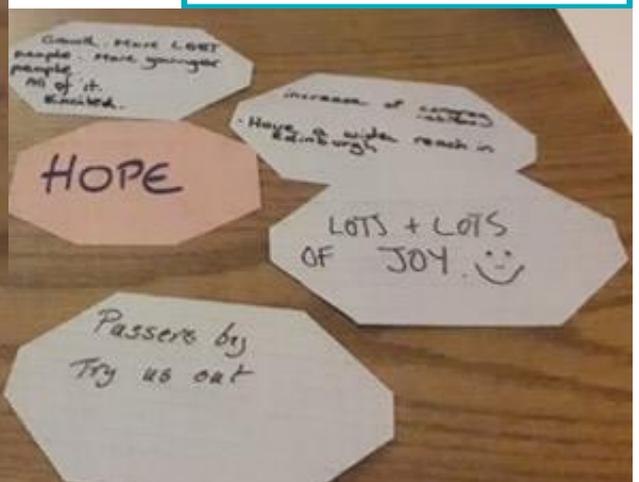
With our minds held in your love,

The impossible, wasn't.

We stood in the storm

and we were not overwhelmed.

Fiona Bennett



Visit to Hungary: September 10th to 17th 2020

The Fife and Tayside Pastorate has been invited to visit our friends in Letavertes in 2020. In recognition of the Synod's previous involvement, the invitation has been extended to the other URC congregations in Scotland.

Letavertes lies in the east of Hungary close to Debrecen, which with a population of 200,000 is the country's second largest city. It is a centre of the Reformed Church and is sometimes referred to as the "Rome" of the Hungarian Reformed Church.

This visit will be a continuation of the well-established friendship link between the Reformed Church of Nagyletai and Dunfermline

URC. It operates on several levels – personal friendship, obtaining an insight into the Reformation as experienced in central Europe and how it manifests itself in the present day and, not least, enjoying modern Hungary away from cosmopolitan Budapest.

The date for the visit has been fixed as Thursday 10th to Thursday 17th September. We shall be flying direct from Edinburgh to Budapest to be picked up to travel to Letavertes by road. Travelling back to Budapest on the Tuesday by train where we can spend the Wednesday before flying back on the Thursday. There is the option to stay on in Budapest until the Sunday for those who wish to spend longer in the city.

We are hoping for a party of between 12 and 14 on a first come basis. If you wish to join us please contact either Alan or myself without delay:

Rev. Alan McGougan: 01383 736408

minister@fifetaysideurc.plus.com

Malcolm Reid: 01383 822431

malcreid1943@hotmail.co.uk

We hope you are able to join us.

Malcolm Reid

Pastoral Care

"...bearing with one another in love..."

(Ephesians 4:2)

At AUC, we aim to provide a web of care which promotes growth in relationships and good spiritual/mental health, through both informal and formal contacts. If you are looking for individual support please contact a minister: **Rev Fiona Bennett** (minister@augustine.org.uk) or **Rev Maxwell Reay** (associateminister@augustine.org.uk).

As well as offering 1:1 support in the setting which is most appropriate for you, they can link you with the pastoral visiting team which offers regular support to the housebound.

Prayer requests are welcomed. They can be shared with the ministers directly or via the Church Office. If you would like support due to a mental health issue, you would be welcome at the Mental Health Drop-in, held weekly on Tuesdays 10.30am-12pm in the Sanctuary. This is hosted by AUC and run by the NHS Lothian Spiritual Care team. Further details available through Maxwell.



Helplines:

Stand Alone: www.standalone.org.uk (for those experiencing family estrangement)

LGBT Support: 0300 123 2523

Samaritans: 116 123

Childline: 0800 1111

Rape Crisis: 08088 010 302

Breathing Space: 0800 838587

Edinburgh Crisis Centre: 0808 8010414

Good Hygiene at AUC



Over the next few weeks you should notice strategically-placed hand sanitising gel dispensers and bins in AUC, along with upgraded water supplying heaters in the toilets and pantry and more paper towels. These are necessary so that everyone can wash their hands thoroughly on entering AUC, going into the rooms and sanctuary, when using our loos and when preparing drinks, snacks and Communion in the pantry. Respiratory infections, particularly the coronavirus known as Covid-19, are obviously making headlines at the moment.

However, we should all be taking care of our own personal hygiene to help prevent the spread of 'ordinary' colds and flu too! These, as well as covid-19, are all part of the family of viruses which can start off with a fever, sore throat, a cough, perhaps fatigue and—in extreme cases—eventually breathing problems such as chest infections or even pneumonia. These can become extremely severe for some people. Most cases of these illnesses remain mild, but no-one wants to become infected!

The advice (from the URC, from other denominations and from various medical

bodies) is that **if you feel at all unwell stay at home**. Airborne droplets settle onto all sorts of surfaces which people then handle.

In AUC, where we have hundreds of people coming into our building regularly, it is necessary to clean surfaces regularly, like the doors, seats, table tops, and work surfaces in the pantry and kitchen. You might notice surfaces are being cleared of the clutter that accumulates there. Of course our building is being kept clean by our wonderful centre staff - but they need to be kept clean by us too!

We are going to rows of seats spaced a little further apart to allow only the Communion Servers to handle the trays with communion glasses - instead of the present system of encouraging people to serve each other.

There might be other actions we need to take to keep people as safe from infection as possible, but for the time being, please do you bit to stop the spread of infection: cough or sneeze into a tissue or against your elbow; dispose of tissues carefully; wash your hands thoroughly. Thank you,

Kathleen Ziffo

Sowing with Junior Church



In March we are moving from our exploration of the story of 'The Good Samaritan' to a new module - 'The Prodigal Son'. The image to the far left is an interpretation of the story, taken from a painting by Sieger Koder.

We will explore the story from the angle of art, cooking and then through digital media.



At the end of the month we will make a video and begin our preparations for Easter by making palms.....



Can you believe it?

It is Max's 2nd birthday on the 19th of March.

Doesn't time fly?!

Junior Church welcomes families in all their wonderful diversity. We do our best to offer a safe and nurturing space for families and their friends. We have varied activities each week, from storytelling, to crafts, games and video making. We have a crèche for little ones and baby changing facilities are available. We use materials to appeal to children's different learning styles using the PowerXpress curriculum, and also use Godly Play (www.godlyplay.org.uk).

Children at Augustine are welcome to receive communion and to fully participate in the life of the church. Children regularly help during services, and sometimes serve communion to the wider church community.

Please feel free to contact us using the details on p.2 of Seeds if you have any questions.

Calendar

Worship Services at 11am on Sundays at AUC, George IV Bridge. All events at AUC, unless otherwise stated. Later updates on website/notice sheet

March		Season of Lent
Sunday 1 st	9.15am	Study Session – Contextual Bible Study
	10-11am	Gift Sunday – monetary gifts for AUC will be received by the Minister and Treasurer with breakfast available
	11am	Morning Worship 'What mark will you leave?' with Communion, led by Fiona Bennett, Jo Clifford and TLC Youth
	12.30-2.30pm	Heritage and Hospitality Guides – Training and Updating
	1-3pm	TLC Youth 'Live Your Story'
Monday 2 nd	2pm	Women's Union at Saughtonhall URC – 'Live Music Now'
Wednesday 4 th	4.30-6pm	'First Wednesday' space for LGBTQI at St Mary's Cathedral
Friday 6 th	2.30pm	World Day of Prayer Service at Craigmillar Park Parish Church
Sunday 8 th	9.15am	Study Session – Contextual Bible Study
	11am	Morning Worship 'What mark will you leave?', led by Caro Penney with preacher Susan Henderson
	12.20-2pm	Church Business Meeting – Finalising 'Shaping a Healthy Future for AUC' (see p.6-7)
	3-5pm	Our Tribe
Monday 9 th	2pm	Women's Union at Saughtonhall URC – Sir Tom Kelly
Tuesday 10 th	7.30pm	Contextual Bible Study
Thursday 12 th	7pm	Edinburgh Churches Together AGM at Harry Younger Hall
Sunday 15 th	9.15am	Study Session – Contextual Bible Study
	11am	Morning Worship 'What mark will you leave?', led by Susan Henderson with preacher Fiona Bennett
	12.15pm	Church Lunch
	1-3pm	TLC Youth
	1-3pm	Belonging – Exploring Church Membership
	1-3.30pm	TLC Lent Programme (film and discussion)
Monday 16 th	2pm	Women's Union at Saughtonhall URC – Helen Edwards 'The real Mrs Read'
Tuesday 17 th	7.30pm	Book Group
Sunday 22 nd	11am	Morning Worship 'What mark will you leave?', led by Lorraine Millar with preacher David Paton-Williams
Monday 23 rd to Thursday 26 th	PM	Bethany Winter Shelter Evening Meal provision (see Kathleen for more info)
Monday 23 rd	2pm	Women's Union at Saughtonhall URC – Roy Johnstone 'They all wore blue'
Thursday 26 th	1.30-3pm	Coffee, Cake and Conversation
Friday 27 th to Sunday 29 th		Synod of Scotland Meeting at Tulliallan Police College
Sunday 29 th	11am	Morning Worship 'What mark will you leave?', led by Caro Penney with preacher Andrew Owens
	1-3.30pm	TLC Lent Programme (film and discussion)
Monday 30 th	2pm	Women's Union at Saughtonhall URC AGM and Ishbel – poem
April		
Wednesday 1 st	4.30-6pm	'First Wednesday' space for LGBTQI at St Mary's Cathedral
Sunday 5 th	11am	All-Age Worship with Communion for Passion Sunday, led by Fiona Bennett with preacher David Coleman
	12.30pm	Church Discussion Meeting – the History of Christianity
	1-3.30pm	TLC Lent Programme (film and discussion)

Please note the deadline for material for the April issue is Sunday 29th March.

DISCLAIMER: Although we check all information, we can give no warranties as to accuracy and encourage active checking. The views expressed in our newsletter are those of the individual contributor, they are not necessarily those of AUC or the editor.

